

ELITE Power Hour Checklist

ELITE Power Hour: The most important hour of your day to fill your cup & recharge your spiritual, personal, and emotional battery, so that you can be the best you can be for the remainder of your day

1. Nighttime Preparation: (approx 10 min)

- Prepare for next day
- 6 hours of sleep at least
- Set alarm to include your daily hour
- Go to bed focusing on the next morning and affirm: "I am a morning person", "I am the type of person who does his daily ELITE power hour"

2. Wake up: (approx 10-15min)

- No snooze
- No email or social media
- Brush teeth and or drink a cup of water
- Go to reserved designated quiet place location

3. Breathing Exercise (approx 2-5 min)

- Clear the brain of distracted thoughts
- 5 slow deep breaths
- Inhale your desired traits (i.e. confidence, happiness, etc.)
- Exhale your undesired traits (i.e. fear, doubt, etc.)

4. Affirmations (approx. 10min)

- Always start with "I AM..."
- "I AM_____, by God's power, for the glory of God"
- Repeat 5 times with emotion and experience

5. Pray (approx 15 min)

- Praise (Gratitude)
- Repent
- Ask
- Yield

6. Reading/Bible (approx 10-15 min)

- Choose a book
- Read for transformation not for information
- Read for quality not quantity

7. Prep and Priority (approx 5-10 min)

- List out the day's 'Must do tasks' based on obligations & goals
- Mark out tasks as the day goes on